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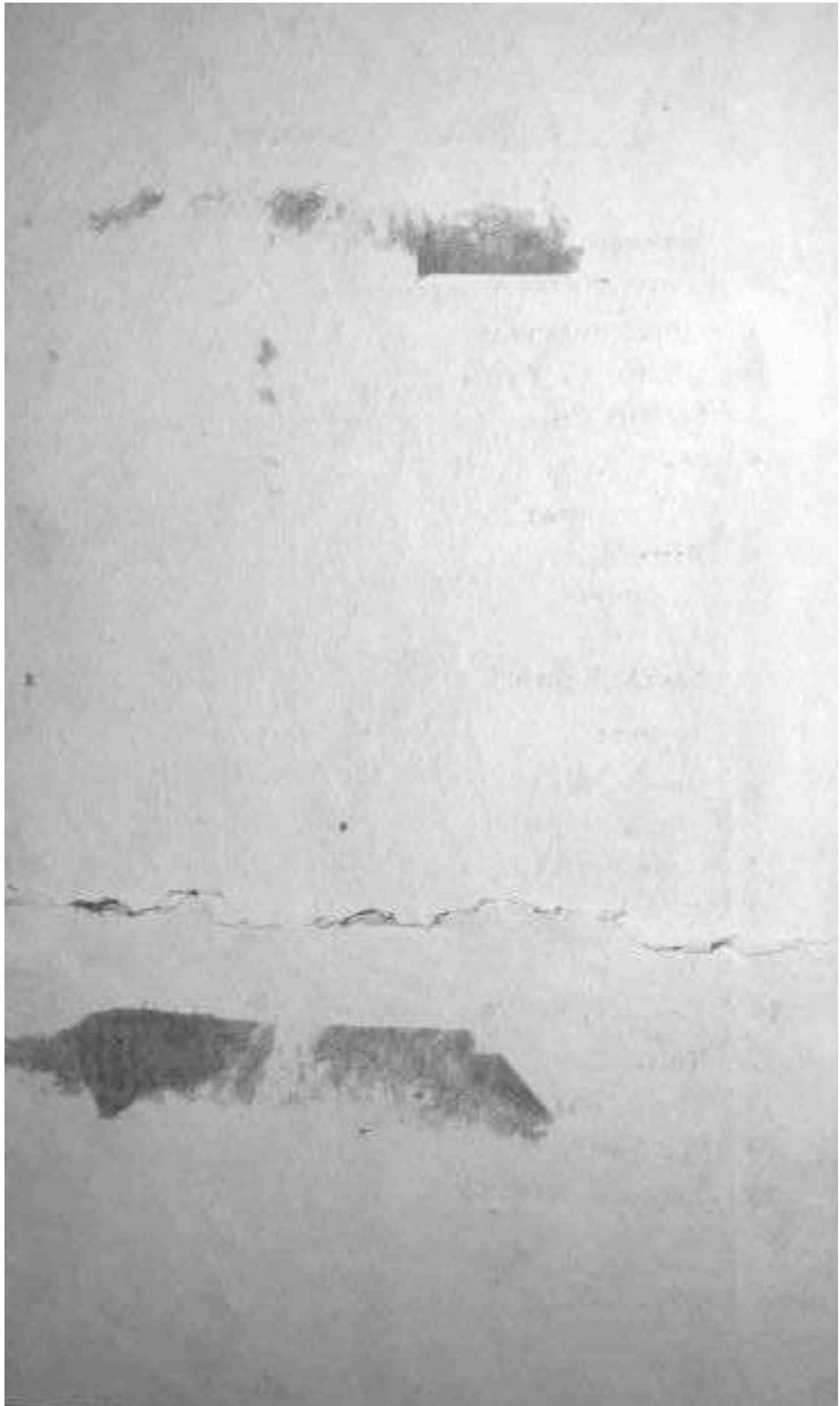
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RECIPES



*Harmat
Kernell with
Raj*

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Variety is the spice of life and this is most applicable to cooking. More often when we think of variety we think of dishes from different countries. Can it be that we are not aware of variety in India? It was with this thought in mind that we started to look for variety in dishes from different provinces in India.

Madras cooking for instance, is much more pungent than anything in India, and Madrasi curries are thinner and more watery. Bengalis specialize in fish curries, cooked in mustard oil, with rice. In Punjab the chappati of whole wheat often replaces rice, and lentils of great variety are eaten. The food in Bombay is perhaps the most cosmopolitan of all. In Kashmir the curries are full of spices and chillies. Due to the cold climate people are non-vegetarians and so on.

Curries - ...will this astonish you?... are foods for health.

Every spice used in their making is a preservative. All have some antiseptic value and many are carminatives.

Ginger has long been used as a medicine against colds.

Turmeric, too is used widely in the East for skin diseases, healing bruises, leech bites and as a carminative.

Both garlic and onions are blood cleansers and ward off colds in winter. But they have an unpleasant reaction and make the breath smell offensively because of the sulphur they contain. Garlic is rich in vitamin B, C and D, and onion in C. Both are Nature's medicines. Onions and garlic are rich in the trace elements zinc, copper, aluminium, manganese sulphur and iron which, scientists have now discovered keep away diseases.

Cinnamon is an extremely powerfull germicide. Yet how many people realise that cloves and cinnamon oils are more powerfully antiseptic than carbolic acid.

Coriander seed is also an antiseptic and a carminative. From both nutmeg and mace a volatile oil is produced for use in case of renal or hepatic colic, and for certain nervous maladies.

Cardamom oil is strongly antiseptic and is used also in the manufacture of many perfumes.

Manorma Raina

CONTENTS

Non Vegetarian Recipes.

Vegetarian Recipes.

Salad Dressings.

Desserts, Pickles and Jam

Curry Ingredients

Indian	English
Sont	Aniseed
Sextul	ali spice
Eelachie	Cardamom
Jawatrie	Mace
Jauphall	Nutmeg
Kulmic dalchini	Cinnamon
Dhania	Coriander
Laoong	Cloves
Zeera or jeera	Cumin seed
Kali mirche	Black pepper
Rai	Mustard seed
Lai mirche	Chillies
Huldie	Turmeric
Mayti	Fenugreek
Lassoon	Garlic
Sonth	Ginger (dry)
Udruck	Ginger (green)
Kush Kush	Poppy seed
Pipel	Long pepper

Hing	Asafoetida
Chironji	Chironji nut
Badam	Almond
Nareal	Coconut
Besun	Gramflour
Chana	Gram
Dhahi	Curd
Dal	Pulse
Gajat	Carrot
Gur	Jaggery
Imli	Tamarind
Kesar	Saffron
Kela	Plantain
Khajur	Date
Khira	Cucumber
Khubani	Apricot
Masoor	Lentil
Moong	Kidney bean
Maida	White flour
Paneer	Cheese
Pista	Pistachio
Poha	Parched rice
Pudina	Mint
Sabudana ..	Sago
Suji	Semolina
Til	Sesame
Sarson	Mustard

Hindi Roganjosh

Ingredients :

Meat 1 Kg.
 Ghee 150 gm.
 Garlic 25 gm.
 Salt to taste
 Onions 100 gm.
 Turmeric 2 tea-spoons
 Red chilli 3 tea-spoons
 Garam Masala 1 tea spoon
 Saffrona Pinch
 Curd 100 gm.
 Water 3 cups

Method :

Fry onions in fat till light brown. Soak small pieces of meat in curd, ground garlic and garam masala in a sauce pan for one hour. Now add soaked meat and all the spices including salt to hot Ghee and onions. Stir well and cook for 20 minutes. Add water and cook for 80 minutes till meat is tender.

Rajbi Begum

Dhania ka Korma

Ingredients :

Meat 1 Kg.
 Curd 250 gm.
 Ghee 200 gm.
 Garlic 25 gm.
 Onions 100 gm.
 Turmeric powder 2 tea spoons
 Red Chillies 3 tea spoons
 Garam Massala { Ground ginger (dry) 1 tea spoon
 { Ground aniseed 2 tea spoons
 { Ground cinnamon &
 black cardamom 1 tea spoon
 Black cumin seed to taste
 Water $1\frac{1}{2}$ litre
 Salt to taste
 Green coriander leaves 25 gms.

Method :

Cooking method is the same as for Hindi Roganjosh. But here when meat is cooked, spread green coriander leaves on top and serve hot with rice or chappatis.

Rajbi Begum

Stuffed Bitter Gourd with Minced Meat

Ingredients :

Bitter Gourd 1 Kg.

Finely minced meat $\frac{1}{2}$ Kg.

Curd 100 gm.

Ghee 200 gm.

Onions 100 gm.

Garlic 25 gm.

Garam masala to taste

Turmeric powder 1 tea spoon

Chilli to taste

Salt to taste

Method :

Wash and peel the bitter gourds and remove the seeds. Spray salt on it and keep it aside for one hour. Now wash these bitter gourds with water. Mix the curry ingredients and minced meat. Fry this in a small quantity of ghee. Now stuff the mixture back into the hollowed bitter gourds and tie with a thread so that it should fit. Fry onions till light brown in hot ghee. Now dip stuffed bitter gourds into curd and fry one by one. Add $\frac{1}{2}$ litre of water and the remaining spices to it. Cook on low heat till water gets dry. Serve hot.

Rajbi Begum

Meat Kofta Curry

Ingredients :

Minced meat $\frac{1}{2}$ Kg.
 Ghee 50 gm.
 Turmeric 1 tea spoon
 Chilli 2 tea spoons
 Ground Cinnamon
 black cardamom }
 Black cumin seed } 1 tea spoon total.
 Ground ginger dry }
 Ground aniseed
 Salt to taste

Method :

Mix all the ingredients with minced meat and make small balls. Now heat the ghee and fry turmeric powder and red Chillies and then add water ($\frac{1}{2}$ cup) into it and place the small balls of meat in it. Cook for 20 minutes on low heat. When water gets dry, remove from fire and serve hot.

Rajbi Begum

Tabak Maaz

Ingredients:

Ribs 6 pieces (from one kg of ribs)
 Saffron 1 pinch (soaked in 2 tb spoon
 of water)

Ghee 250 gm.

Water 1 kg.

Garlic paste 1 table spoon

Salt to taste.

Ginger powder, turmeric, chilli, aniseed powder, cloves, cinnamon stick, cardamom, cumin seeds, according to taste.

Method :

Place all the ingredients except ghee in a deep vessel. Cook on a medium fire until all the water is absorbed and the meat is tender. Fry the meat in ghee to a golden brown colour on low fire. Serve it hot.

Fatima Begum II

Rista Curry

Ingredients:

Mutton (without bones) $\frac{1}{2}$ kg.

Saffron 1 pinch

Onion 100 gm.

Ghee 100 gm.

Water $\frac{1}{2}$ kg.

Salt to taste.

Turmeric powder, chilli powder, pepper, powder ginger powder, coriander powder, cardamom, cloves, cinnamon powder, cumin seed and aniseed powder according to taste.

Method.

Grind the meat into fine paste until it has the consistency of soft dough. Mix a little quantity of garam masala with minced meat. Shape the mixture into small balls. Fry onion in ghee till brown. Remove the ghee from the fire and take out fried onions. Grind the onions into a very fine paste. Add water, chilli powder, ginger powder, turmeric, cloves, cardamom, pepper and salt to the ghee in which onions were fried. Bring all this to a boiling point quickly. Add the meat balls into the boiling mixture and cook it on a medium fire until there

is a little gravy and meat balls are tender. Now add onion paste and soaked saffron and cumin seeds and simmer it on a low fire for about ten minutes. Serve it hot with rice or chappaties or with nan.

Fatima Begum II

Rogan Josh

Mutton $\frac{1}{2}$ kg.

Curd $\frac{1}{2}$ kg.

Onions 50 gm.

Garlic paste $\frac{1}{2}$ table spoon,

Ginger, turmeric powder, red chilli powder,
cinnamon stick,

Cardamom according to taste.

Oil or Ghee $\frac{1}{2}$ cup

Water $\frac{1}{2}$ kg.

Salt to taste.

Method :

Mix dry ingredients to curd and soak mutton in it for three hours. Fry onions in ghee or oil till golden brown. Remove the fried onions and grind it into a fine paste. Fry the mutton and other ingredient soaked in curd in the same ghee or oil in which the onions were fried till they are brown and the ghee or oil separates from masala. Add water and curd and cook till the meat is tender. Add the onion paste to the cooked meat and cook it for 20 minutes. Serve hot with rice or chappaties.

Fatima Begum II

Korma

Ingredients :-

Mutton $\frac{1}{2}$ Kg.

Onion 100 gm.

Garlic $\frac{1}{2}$ table spoon

Curd $2\frac{1}{2}$ cups.

Saffron a pinch.

Cream 2 cups.

Ghee 170 gm.

Blanched almonds 57 gm.

Coriander powder, cloves, cinnamon, powder, cinnamon, stick black pepper, red chilli powder, turmeric powder, and salt to taste.

Method :-

Soak mutton in garlic paste, curd, coriander powder, red chilli powder and salt for four hours. Fry the sliced onions till brown in colour. Remove the fried onions and grind them into a fine paste. Add mutton mixture and all other ingredients except cream, almonds and saffron. Cook all on a low fire till the meat is tender. Add saffron, cream and blanched almonds and simmer it on a low fire. Serve it hot with rice or chappaties.

Fatima Begum II

Seekh Kabab

Ingredients :-

Minced meat $\frac{1}{2}$ Kg.

Curd $\frac{1}{2}$ cup.

Coriander leaves 5 gms.

Ginger, red chilli powder, cumin seeds,
salt to taste.

Ghee 4 table spoons.

Lemon 1 (one).

Method :-

Grind coriander leaves, ginger, cumin seeds to a very fine paste. Mix the paste well with the minced meat and curd along with one tea spoon full of ghee. Grease seekh with ghee and heat it slightly. Take the mixture of meat and place them evenly around the seekh. The paste should be spread about six inches in length rolled on seekh Roast this on an open coal fire. When roasted take Kababas off the seekh and fry them till light brown in a frying pan serve hot

Fatima Begum II

Birianee

Ingredients :-

Meat (cut into cubes)	1½ Kg.
Basmati or Patna rice washed and soaked in water for two hours	½ Kg.
Onions	6 (six)
Oil or Ghee	½ Kg.
Cloves, garlic, (chopped)	8 to 10.
Ground coriander	1 tea spoon
Ground cloves	½ tea spoon.
Ground cardamom	¼ tea spoon.
Ground chilli	¼ tea spoon
Fresh ginger (finely chopped)	6 thin slices
Ground cummin	1 tea spoon.
Ground cinnamon	½ tea spoon.
Ground black pepper	¼ tea spoon.
Lemon	2.

Method :-

Wash the meat, put it into a pan with ground spices, garlic, ginger, lemon juice and salt to taste. Mix meat and spices thoroughly and set the dish on one side. Fry the onions in a generous quantity of fat till crisp and brown. Divide them into 2 equal portions. Crush one portion thoroughly and mix it in with the meat and spices. The remainder should be set aside for the rice.

Manorma Kainth

Preparing the rice for the Birianee

Ingredients:

Whole cloves 10 to 12.

Cinnamon 7 to 8 sticks.

Bay leaves 7 to 8.

Whole cardamoms 10 to 12.

Whole black pepper 10 to 12.

Saffron $\frac{1}{2}$ tea spoon.

Method :

Take a large sauce pan, fill it three parts full with water and put in the above spices together with two dessert spoons of salt. When the water boils, put in a pound of Basmati or Patna rice, but don't cook thoroughly. When parboiled, drain through a sieve, but do not remove the spice from the rice. When completely drained place rice on a tray or thali to cool. Now mix saffron into 2 teaspoons of milk. When the rice has been drained empty, put it over the meat and pour over it $\frac{1}{2}$ kg. melted margarine, and over this the saffron and milk. Then cover the pan, put it over a flame and bring to boil, after which turn down the flame and simmer on very low heat for $1\frac{1}{2}$ hours. To serve, first remove the rice; put the meat on a large dish, cover with rice and decorate with dry nuts or sliced boiled eggs.

Manorma Raina

Chicken Korma

Ingredients :

Chicken cut into pieces 1 (one)
 Ghee or butter 150 gm.
 Lemon 2
 Ground chillies 1 tea spoon
 Ground onions 4 table spoons
 Coriander seed 1 tea spoon
 Cinnamon 6 small sticks
 Ground ginger $\frac{1}{2}$ tea spoon
 Ground pepper $\frac{1}{2}$ tea spoon
 Garlic 2 cloves
 Bay leaves 3
 Onions (large) 12 cut lengthwise into slices.
 Salt to taste. Ground cardamoms=6.

Method :

Warm the ghee or butter, fry the sliced onions to a golden brown colour and set them aside. Then fry all the condiments including the ground spices and garlic, and when brown throw in the pieces of Chicken and salt and cook till brown. Then add the lemon juice, bay leaves, and fried onions; bring to oil, put on a close-fitting lid and simmer for 1 $\frac{1}{2}$ to 2 hours, till the Chicken is tender. Serve hot with rice, chappatties or parrattas.

Manorma Raina

Brain Curry

Ingredients:

Lambs brain 3

Chopped onion 1

Large tomatoes 2

Ghee, chilli powder, turmeric, ground coriander, ground cummin, seed curry powder and salt to

Method :

Wash the brains in cold water, then cover with cold water and boil with turmeric for 15 minutes. Remove and cut into halves. Fry onions to a golden brown in ghee and tomatoes and all other spices. Then put in a cup of water, bring to boil and add the brains, cook for ten minutes. Serve hot.

Manorma Raina

Cabbage and Minced Meat

Ingredients :

Minced meat $\frac{1}{2}$ Kg.

Small cabbage 1

Fat 2oz.

Salt, onions, garlic, ground chilli, turmeric, ground coriander, cummin, seed ground ginger to taste

Method

Fry onions in fat till light brown. Add minced meat and all spices including salt and garlic. Stir well, cook for 25 minutes. Don't add water. Shred cabbage and add to the mince meat, cook till cabbage is tender. We can use cauliflower and peas also. Serve hot with chappatties.

Manorma Raina

Muj-Gaad (Fish & Radish)

Ingredients:

Kashmiri white fish $\frac{1}{2}$ Kg.
Radish 250 gms.

Ghee or Oil 200 gms.
Tamarind 25 gms.

Turmeric, red chilli, ground ginger dry, ground aniseed, a drop of asafoetida, cloves according to taste, or garam masala according to taste.

Method:

Wash and cut the fish into pieces and sprinkle salt and turmeric powder and keep aside. Heat the fat in a frying pan and heat till the smell disappears. Now fry the fish one by one till brown and keep aside, then cut the radish into round and square pieces. Fry the radish and when a bit cool add fried fish, tamarind juice, salt and all other spices and two cups of water in a saucepan. Keep the pan uncovered, and when the fish is quite tender remove from fire. When cool it is more tasty. Serve with rice or parrotas.

Manorma Raina

Kidney Korma

Ingredients:-

Fresh Kidneys	4
Curd	2 teaspoonfuls
Onion	1 medium sized
Chilli powder	1/2 teaspoonful
Garam masala	1/2 teaspoonful
Salt	1/2 teaspoonful
Tomatoes	2 teaspoonfuls
Oil or ghee	2 teaspoonfuls.

Method :

Wash and cut the fresh kidneys into pieces. Soak in curd for 5 minutes, add one teaspoonful of salt. Fry an onion in the oil or ghee. Add garammasala, Chilli powder and bits of coconut. Fry for two minutes, then add the juice of two or three tomatoes. After that add the kidneys. Mix well and then add 2 cups of water. Cook gently till it is dry. It becomes the tasty recipe.

Hijra Akhtar Qasba
 &
 Atika Begum

Kofta

Ingredients :

- 1 lb Finely minced meat
- 1 Onion, oil for frying
- 2 Teaspoonfuls broken dhania
- 2 Teaspoonfuls salt
- 1 Teaspoonful garam masala
- 1 Egg
- 1 Teaspoonful chilli powder
- 3 Cloves garlic

Method :

Mince the onion, herbs and garlic together, then mix these in the minced meat. Add salt, garam masala and chilli powder. Knead this mixture. Make small balls, dip into the well beaten egg and fry slowly. Koftas can be served as they are at tea time with some fresh Chutney.

If we want to make curry of it, then we have to put following:

- 1 Onion
- 250 gram tomatoes
- 1 Tablespoonful curd, 1 table spoonful butter or fat
- 1 Tea spoonful salt, one cup hot water
- 1 Tea spoonful turmeric
- 1 Tea spoonful garam masala, chilli powder

Fry the onions and ginger in the butter fat, add all garam masala and chilli powder. Fry for a few minutes, then add sliced tomatoes and the curd. Fry well and put in the Kottas. After stirring for few minutes put the hot water. It will be cooked in 15 minutes.

Hajra III and
Atika Jee

Hindi Roganjosh

Ingredients:

Meat		
Ghee	1 kilo gram	
Curd	250 grams	
Salt	125 grams	
Turmeric	1½ teaspoonfuls	
Chilli powder	1 teaspoonful	
Almonds	1 teaspoonful	
Garam masala	20	
Kishmish	1 tea	Cardamom 20
1 medium sized onion	25 grams	
Lehsun	2 pieces	
Cloves	3	

Method:

Mix the garam masala with curd and then soak the meat in it. Keep it for two hours with a lid on it. Heat the ghee, put lehsun and piyaz in it. Fry it till it is red, then take it out put the meat in the ghee and fry it. Stir it with a spoon, put a few pieces of piyaz in it. Then put half litre of water in it. Keep a lid on it and cook for half an hour on a slow heat. It is very delicious and is served hot at lunch or dinner time.

Atika Begum and
Hajra Akhtar Qasba

Egg Curry

Ingredients:

- 5 Eggs
- 2 Onions
- 4 Tomatoes
- 2 Table spoonful curd
- 1 Table spoonful ghee
- 2 Table spoonful chania or other fresh herbs
- 2 Tea spoonful salt
- 1 Tea spoonful turmeric
- 1 Tea spoonful garam masala
- ½ Tea spoonful chilli powder

Method:

Boil the eggs for 5 minutes. Shell and cut in halves. Mince the onions and herbs. Heat the ghee and heat the onion mixture slowly. Add all masalas. Mix well; add sliced tomatoes, then add the curd. Fry gently, and add the eggs carefully so that yolks don't separate from the whites. With a spoon cover the eggs with the gravy from the tomatoes and curd. Add a cup of water, put the lid on and allow the curry to simmer for ten minutes. Then serve hot with rice or any other vegetable dish.

Hairu III &
Atika Begum

Ladakhi Mokmok

Take some maida (about $\frac{1}{2}$ kg) in a basin and add a pinch of salt to it. Now knead it with water, and when the dough is soft, make small balls out of it. Leave aside.

Now take about $\frac{1}{2}$ kg of chopped meat and add chopped onions, pepper, salt and other masalas with it and then mix them all together.

Next flatten the small balls and stuff them with the mixed meat, onions, etc, and shape them into designs. Now cook them by steaming and serve when it is hot.

**Angmo
X Class
Unity House**

Fish Curry in a Malyalee Way

1 Kg	Fish
3	Spoonful red chilli powder
1	Teaspoon of saffron powder
1	Teaspoon of pepper
	Salt
	Ginger a piece of 1"
	Garlic 2 or 3 small pods.
	Onion 2
	Tamarind 5 or 6 pieces of Kerala
	Tamrind
	Oil
	Mustard and curry leaf

Clean them and slice them; wash well, and leave them aside. In the mean time grind chilli powder, saffron powder, pepper, salt, garlic, ginger and few pieces of onion to a smooth paste.

Heat a dish and pour some oil into it. When hot put mustard seeds after the noise stops; add sliced onions, sliced ginger and garlic and curry leaves. When brown add the ground mix:ur When they catch at the bottom add water (a glass) and when they boil put the sliced fishes and the tarmind pieces.

After 20 minutes remove then. When cool place the lid.

Mrs. Shylla Methew

Fried Fish

Ingredients:

- ½ Fish
 - 3 Spoons Chilli Powder
 - 1 Onion
 - 4 Pods of garlic
 - Salt
 - Saffron
 - Ginger
- } according to taste

Method:

Clean and slice the fish and grind the chilli, $\frac{1}{2}$ onion, garlic, salt, saffron, ginger to a smooth paste.

Rupture the skin with knife. Apply the paste and leave for $\frac{1}{2}$ an hour. Fry in deep oil.

Mrs. Shaylla Methew

Mutton Curry

Ingredients :

- | | |
|--------------------------------|---|
| 1 Kg. mutton | |
| 4 dessert spoon chillie powder | |
| Coriander powder | |
| Garlic 3 or 4 big pods | |
| Pepper | } |
| Aniseed | |
| Spices | |
| Bay leaf | |
| Ginger | |
| Tomatoes | |
| Saffron | |
| Salt | |
| Onions | |
- according to taste

Method :

Wash and cut the muttons into small pieces.
Boil aniseed and leave them aside.

Place a deep frying pan and when warm put the coriander powder, chillie powder, garlic, pepper, spices, ginger and stir them well [without oil] Grind them to a smooth paste.

Heat the pan, when hot, season them with mustard, sliced onion. When brown add the ground masala and sliced tomatoes and add mutton pieces one by one. Add salt, keep on stirring.

When they try to stick to the bottom,
add the boiled water

Cook till mutton is tender. Before serving
add 1 lime juice and smashed alachi

Mrs Shylla Methew

Fried Liver

Ingredients:

1 Kg liver
 2 big pods of garlic
 2 table spoons of pepper
 1 table spoon of saffron
 Salt to taste
 Ginger 1
 4 onions

Method :

Wash and cut the liver into small pieces.
 Heat the frying pan with oil. When hot season them with sliced onion. When brown add the ground garlic, pepper, saffron, salt, and ginger. Then add the liver.

Cook them dry.

Mrs Shylla Methew

Butter Milk Curry

Ingredients :

1 Kg curd	}	according to taste
Curry leaves		
Methi seeds		
Mustard		
Onion and Salt		
Cummin seeds		
Red chilli cases		
Coconut scrapings if possible.		
Saffron		

Method :

Add a little water to the curd and churn it well.

Place a little oil in the frying pan (deep) and heat it.

When hot add the mustard seeds, sliced onions, red chilli cases, curry leaves, methi seeds ground coconut scrapings, cummin seeds, and saffron.

When brown add salt and pour the butter milk over it. When warm remove and store. Do not let it boil because it will split.

Mrs Shylla Methew

Idli

Ingredients .

3 cups rice	
1 cup black gram dhal	
Oil or butter	}
Ginger	}
Curry leaves	} to taste
Green chilli	
Salt	

Method :

Clean and soak the rice and dhal separately for a day. Drain well and grind to a very smooth paste with very little water. Grind the rice well and mix it well and leave it for a day. (If in Kathmir leave it for two or three days.) Sliced ginger curry leaves and green chilli can be added to give a good flavour.

Steam water in a pan (1st), grease a (salt added) pan (or an idli mould) and pour the balter and place it in the 1st pan and steam it for $\frac{1}{2}$ an hour.

Doshi

The same way as idli, without ginger, curry leaves, green chilli.

Sweet Idli

Ingredients:

3 cups of rice powder

1 Coconut

Sugar

Nuts, prunes (add them before steaming.)

Method :

Soak the rice and powder it to a very fine dry powder. For the first time add not the coconut scrapings.

The little [$\frac{1}{2}$ a cup] of the powdered flour must be kept aside. The rest of it, powder it with coconut scraping.

Add water to the powder kept aside and cook it to a paste. When cool add coconut water and sugar (as required) and mix it well add the rest of the flour and [add soda if in; Kashmir]. Leave it for a night.

As for idli, steam this one also.

Mrs Shylla Methew

Sweet Dosha

The same way as for sweet idli, but instead of water add milk to it. Do not add nuts and prunes.

Grease a deep bottomed pan and put 1 dessert spoon of the batten into it and tip the pan slowly in a circle. Cover it with a lid [in a moderate term] and leave for 10 minutes] Do not turn them over.

Mrs Shylla Methew

Parap Vada

Ingredients :

- 1 Kg Sambar Dhal
- 2 pieces of ginger
- $\frac{1}{4}$ Kg onion
- $\frac{1}{4}$ Kg green chillis
- Salt
- Curry leaves
- Oil

Method :

Clean, and soak the dhal for a day, Remove and drain dry and grind it coarsely, leaving a few whole ones here and there. While grinding put the sliced ginger, onion, green chilli. Use no water. Rensome them. Add salt.

Make small balls, a bit bigger than a marble. Flatten them and fry them in deep oil.

When brown, remove.

Mrs Shylla Methew

Unu Vada

Ingredients:

1 Kg. black gram Dhal	
2 ginger	
$\frac{1}{4}$ Kg. onion	
$\frac{1}{4}$ green chilli	
Salt	
Curry brown	} According to taste
Oil	

Method:

Same way as Parap Vada. When flattening them scoop out the make a hole in the centre and fry.

Put the fried one in the curd, having salt chilli powder and a little powder of methi

Mrs Shylla Methew

Rasem

Ingredients:

Tamarind	} to taste
Salt	
Pepper	
Garlic and ginger	
Case of Red chilli	
Saffron	
Mustard	
Onion	
Asafoetida	

Method :

Extract the juice of the tamarind with a little water and allow them to boil.

In the mean time, grind coarsely pepper, salt, garlic, ginger, saffron, mustard, asafoetida.

Heat a little oil, when hot put a few mustard seeds, when they burst add the sliced onion. When brown add the case of Red chilli. Then add the ground mixture stir well then add the tamarind water and allow it to boil. Taste for salt and remove.

Mrs Shylla Methew

Caramel Cream Custard

Ingredients:

2 oz sugar	10 oz milk
1 table spoon water	1 dessert spoon sugar
3 eggs	Vanilla essence

Method :- Dissolve 2 oz sugar in 1 table spoon water. Boil without stirring in mould until the colour of caramel. When it is cold grease the sides of the mould. For custard warm milk and pour on beaten eggs and sugar. Add vanilla essence and mix. Add this to caramel in the mould. Cover the mould with grease proof paper. Put 10 oz of water and trivet in cooker. Place the mould on trivet.

Cook for 20 minutes. If possible, refrigerate for 3 hours before serving.

**Angmo
Unity House
Class X**

Kishmish pulao

Ingredients :

One cup Basmati Chawal

Kishmish half cup

Salt one tea spoonful

2 table spoonfuls of ghee

2 cloves

$\frac{1}{2}$ tea spoonful caraway seeds, cinnamon,
and turmeric

2 cups hot water

Ghee 2 table spoonfuls

Method :

Wash and soak the rice for half an hour. Heat the ghee and put the cloves, pieces of cinnamon, turmeric and caraway seeds in it. Keep the heat very low. Add the washed rice salt and kishmish. Mix and fry gently for a few minutes. Add hot water, mix thoroughly and bring to boil quickly. Turn heat very low and cook for 30 minutes, with the lid on. It becomes very delicious.

Hajra Akhtar Qasba and
Atika Begum

Gajar Ka Halva

Ingredients :

- 3 pints milk
- 1 lb carrots
- 1 teacup sugar
- 2 table spoonfuls ghee
- Some almond nuts
- ½ tea spoonful crushed cardamom seeds

Method :

Boil the milk. Wash and grate the carrots and put them in the milk. Cook them on medium heat for 40 minutes. Go on stirring it with a large spoon. Add sugar syrup and ghee. Keep it boiling gently until the mixture begins to solidify. When it is of a deep orange colour, it should be taken off from the heat. Put it in a china dish and decorate it with sliced almonds and the crushed cardamom seeds. It becomes a good nourishing food. We can keep it for three to four days.

Atika Begum and
Hajra Akhtar Qasba

Cauliflower and Carrot Pickle

Carrot	2½ Kg
Cauliflower	2½ Kg
Lehsun	200 gram
Chilli Powder	200 gram
Rai	100 gram
Ajvaien	100 gram
Ginger	200 gram
Salt	100 gram
Mustard Oil	1 Kg
Cloves	10
Lemons	5
Green Chilli	200 gram

Wash and cut the carrots into thin round or 1 inch long pieces. Add cauliflower pieces. Put them in hot boiled water. Take these out of the water after ten minutes. Fry it. After that mix oil and all the above written masalas in a big pateela and add the dried vegetables. Then put this in a big jar. Put a lid on it and keep it in the sun for 3 days. It will become a tasty pickle.

Majra Akhtar Qasba
and
Atika Begum

Pickles

Lime in Salt

Ingredients :

32 limes

4 table spoons salt

Method :

Slit the limes into fours, Fill in salt one by one and put them in a dry jar. (It is a good idea to sprinkle some salt in the jar before putting in the lime, (some extra salt is good preservative). Tie the mouth of the jar with a clean muslin cloth and place in the sun for 6–7 days, of course securely closing the jar at night. If you do not have the facility of the sunshine, the pickle will be done just as well indoors only it takes 15 days to be ready to eat. Do stir the lime daily by shaking the jar.

Manorma Raina

Spiced Lime

Make it the same way as above adding 3 tea-spoons Garam Masala, 3 tea-spoons chilli powder and 1 tea-spoon turmeric powder (Haldi). Alternatively add to the lime pickle $\frac{1}{2}$ lb green chillies split into twos and $\frac{1}{2}$ lb fresh ginger peeled and cut into two inches slices of fair thickness.

For those who regularly use lime in the kitchen it is an excellent idea to keep a jar handy and throw all the little pieces of unused lime into it from time to time, of course adding salt to it now and again. This will in time make a fine pickle practically for no extra expense.

Manorma Raina

Eggs, Peas, Curry

Ingredients :

Eggs boiled	4
	250 gm.
Pear	
Onions	2
Tomatoes	2

Chillies, turmeric, garam masala and salt according to taste.

Water 3 cups

Method :

1. Fry onions to light brown colour.
2. Add peas and all other ingredients except eggs.
3. Cook until the peas are soft.
4. Cut eggs in halves and lower in curry and cook it for ten minute over a low fire.

Fatima II

Guchi Curry

Ingredients :

Mushrooms 113 gm.

Curd 250 gm.

Onion 1 gm.

Turmeric, red Chillies, garam masala and salt according to taste.

Ghee or oil 1½ Cups

Water 2 Cups

Method:

1. Soak mushrooms in curd for three hours.
2. Fry onions in ghee or oil till brown in colour.
3. Add all the other ingredients, stir well.
4. Add mushrooms soaked in curd.
5. Fry these till the ghee is separated from the masala.
6. Add water and cook them on a medium heat for 20 minutes.
7. Serve this dish with rice or chapatties.

Fatima II

Jalebies

Ingredients :

- 1. Water, luke warm 2 cups
- 2. Besan [Gramflour] 1 tablespoon
- 3. Ghee or fat 2 tablespoon
- 4. Flout or Maida 3 cups.
- 5. Dhabi [Curd] 3 table spoon
- 6. Soda $\frac{1}{2}$ teaspoon
- 7. Sugar 4 cups
- 8. Vinegar 1 tablespoon
- 9. Water 1 cup
- 10. Ghee for frying 1 cup

Method :

Mix first five ingredients and let stand over night to rise. Boil the sugar, vinegar and water to make Syrup, prepare fat for frying. Add Soda to the mixture just before frying. Place in a cloth in which a tiny hole has been made. Drop by rings into the fat; let brown on both sides; drain and drop into Syrup.

Manorma Raina

Orange Marmalade

Ingredients :

Oranges 8

Lemon 2

Sugar [for each cup of fruit add 1 cup]

Water [for every cup of fruit add 1½ cup]

Method :

Wash fruit; cut rind into fine strips; cut fruit, taking out seeds. Measure. Add water and leave over night. Cook slowly from 1 to 2 hours or until tender. Again let stand over-night. Add sugar, cook until jelly test. Put into hot sterilized bottles and cover with paraffin.

Manorma Raina

Plum Jam

Ingredients :-

Plum	1 pound.
Sugar	$\frac{3}{4}$ pound.
Water	1 cup.

Method :- Select plums of a tart variety. Wash the fruit and drain. Boil the plum in water 10—5 minutes or until skins are tender. Add the sugar and stir while boiling until the jelly stage is reached. Pour into hot sterilized jars and seal.

Manorma Raina

Mango Squash

Ingredients :-

Mango juice	1 kg.
Sugar	1.6 kg
Water	1.4 kg.
Citric acid	35 to 40 gms.
Potassium meta bisulphite	3 gms.

Method :- Boil the sugar and the water and strain through cloth to clean it. Add mango juice and other ingredients which will act as preservative. If you don't want to keep the squash for any length of time, omit the potassium metabisulphite. When serving use three parts of water and one part squash.

Manorma Raina

Mango Chutney (Chatni)

Ingredients :-

Green mangoes, sliced	1 kg.
Sugar	1 kg
Water	1 cup.
Raisins	1 kg.
Vinegar	1 bottle.
Ginger	4 oz.
Garlic	4 oz.
Mustard seeds	4 oz.

Method :- Stew mango slowly in sugar and water. When half done, add other ingredients and simmer to good consistency for a sweet pickle.

*Original
Signature* Manorma Raina

Nimki

Ingredients :

✓ Maida or Flour	1 Cup
✓ Ghee	6 Table Spoons
✓ Salt	$\frac{1}{4}$ tea spoon
✓ Kalongi seed	1 tea spoon
✓ Soda	$\frac{1}{4}$ tea spoon
Water	to mix a stiff dough

Method :

Mix Maida, salt, kalongi seed, soda and water well and knead on rolling board. Roll very very thin. Cut with a knife diagonally at about $\frac{2}{3}$ " intervals. Fry in hot ghee till golden brown. Serve with tea or coffee.

Manorma Raina

- 1 Kadoli
 2 Frying spoon. } Tray &
 3 Chakla - Belana. } tiny cover
 4 Knife.
 5 Thali
 6. Stone and stone pin - match box.
 7 Master - Full plate - 1. Grated
 8. Dates

Banana Chips

Ingredients

Raw (Green) bananas	4.
Ghee	6 table spoon.
Salt	According to taste.

Method :

Take green bananas; slice them just like potato chips; sprinkle salt. Heat deep fat. When it begins to splutter, add the chips and fry like potato chips. These should be brown in colour. (These can be kept for three or four months.)

Manorma Raina

ERRATA

Page No.	Line	Incorrect	Correct
1	Heading		
5	18	nd	Foreword
5	9	Saffrons	and Saffron
10	Page No.	01	10
12	18	Separattes	Separates
13	10	red child	red chilly
14	17	Kababas	Kababs
17	23	Parrattas	Paratas
18	5	Salt ro	Salt to taste
18 & 19	5	Cummin seed	Cummin seed
20	19	Parrattas	Paratas
26	7	Then	them
27	22	mixtur	mixture
	23	boi	boil
	25	then	them
27, 28, 30		Shylla Merhew	
31, 32, 33			Shyla Mathew
34 to 38			
28	11	Asapply	apply
30	Last line	slachi	elachie
34	4	Steanin	Steaming
37	Heading	Uno Vada	Udadu
44	6	Peele	Peel
46	Heading	Guchi	Guchhi (Mush room)
50	10	for any length of time	for a longer Period
51	5	Vanegar	Vinegar
	6	Girlic	Garlic
	7	Ganger	Ginger
	8	Miustard	Mustard

Surf, salt blow
Mt. Jack Sund
trees
gray - Oin - che
zeew, Haliotis, all
little mussels.
Forest birds



gray

Oin - che

zeew, Haliotis, all
little mussels.

Forest birds

Dayenu